

E. Prayer (Matthew 26:41)

F. Study

G. Fasting

Richard Foster: *“More than any other Discipline, fasting reveals the things that control us. This is a wonderful benefit to the true disciple who longs to be transformed into the image of Jesus Christ.”*

#### LIVE THE STORY

*The Gospel is intended to be learned and lived in community. The following questions are designed for use in our Community Groups as an aid to growth in the Gospel and Community.*

- What is the difference between the individual Christian life and an individualistic Christian life? Why is this important?
- What does the term *spiritual formation* refer to? What is its goal? Why is it important to the Christian life?
- What is the godliness which Paul tells us to train for? Have you ever thought of the idea of *training* in relation to godliness?
- Why do we need both community and solitude? Which do you naturally incline to, and which do you need to train for?
- Do you have people you can talk to about your own spiritual formation and the practices you might need to focus on?
- Which of the practices for spiritual formation have you benefited from before? Are there some which this message has caused you to think about? How might you begin to practice them?

### Spiritual Formation: *The Journey to Christ-likeness*

Jerry Cisar — May 14, 2017

Text: 1 Timothy 4:7-10

#### Introduction: What is Formation?

- A. Individual but not *individualistic*.
- B. Spiritual formation is focused on the goal.
  - i. Gal. 4:19
  - ii. Colossians 1:27

Dallas Willard: *“...spiritual formation for the Christian basically refers to the Spirit-driven process of forming the inner world of the human self in such a way that it becomes like the inner being of Christ Himself... Christian spiritual formation is focused entirely on Jesus. Its goal is an obedience or conformity to Christ that arises out of an inner transformation accomplished through purposive interaction with the grace of God in Christ. Obedience is an essential outcome of Christian spiritual formation.”*

#### I. Spiritual Formation Requires Training (1 Timothy 4:7-10)

- A. *...train yourself...*
  - i. Godliness requires training.
  - ii. A ruined word, *“ascetic”*.
- B. *...train yourself to be godly*. What is godliness?
  - i. Godliness is not *legalism*.

